

# MILWAUKEE COUNTY SENIOR DINING

UNITED COMMUNITY CENTER  
730 W. WASHINGTON STREET



## APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div><div></div><div><div>RESERVATIONS REQUIRED</div><div> 24-HOUR NOTICE</div><div>CALL SITE</div><div>414-649-2807</div></div><div><div></div><div><div>Suggested Contribution</div><div>\$3.00</div><div>60+</div></div><div></div><div>Se sugiere \$3.00 de donación por cada comida</div></div></div>					<div><div>Ravioli</div><div>in Tomato Sauce</div><div>Buttered Cauliflower</div><div>Lettuce &amp; Tomato Salad</div><div>Garlic Bread</div><div>Peach</div></div>
<div><div>Mexican Style Pork</div><div>Mexican Rice</div><div>Mexican Beans</div><div>Tortilla</div><div>Fresh Orange</div></div>	<div><div>Seasoned Chicken</div><div>Breast w/Gravy</div><div>Mashed Potatoes</div><div>Steamed Asparagus</div><div>Dinner Roll</div><div>Fruit Cocktail</div></div>	<div><div>Stuffed Pepper</div><div>Tomato Sauce</div><div>Potatoes</div><div>Broccoli &amp; Cauliflower</div><div>Wheat Bread</div><div>Oatmeal Cookie</div></div>	<div><div>Ground Beef Taco</div><div>Tortilla, Hot Sauce</div><div>Lettuce, Tomato, Cheese</div><div>Rice &amp; Beans</div><div>Banana</div><div>Pudding</div></div>	<div><div>Cheese Enchilada</div><div>w/Green Sauce</div><div>Brown Rice</div><div>Mexican Style Zucchini &amp; Corn</div><div>Grapes</div></div>	
<div><div>Vegetable Soup</div><div>Bean &amp; Cheese Burrito</div><div>Mexican Rice</div><div>Mexican Green Beans</div><div>Lettuce &amp; Tomato</div><div>Pear Slices</div></div>	<div><div>Fettucine Alfredo</div><div>with Chicken</div><div>Steamed Broccoli</div><div>Lettuce &amp; Tomato Salad</div><div>Garlic Bread</div><div>Apple Pie</div></div>	<div><div>Sweet Sour Pork</div><div>Brown Rice</div><div>Oriental Vegetables</div><div>Wheat Bread</div><div>Mandarin Oranges</div></div>	<div><div>Beef w/Gravy</div><div>Mashed Potatoes</div><div>Corn &amp; Carrots</div><div>Dinner Roll</div><div>Chilled Peaches</div></div>	<div><div>Tuna Noodle Casserole</div><div>California Vegetables</div><div>Salad w/Dressing</div><div>Whole Grain Bread</div><div>Pineapple Tidbits</div></div>	
<div><div>Chicken Chow Mein</div><div>Brown Rice</div><div>Broccoli</div><div>Wheat Bread</div><div>Tropical Fruit</div></div>	<div><div>Meat Loaf w/Gravy</div><div>Mashed Potatoes</div><div>Green Beans</div><div>Salad w/Dressing</div><div>Breadsticks</div><div>Pineapple Chunks</div></div>	<div><div>Oven-Baked Chicken</div><div>Leg Quarters w/Paprika</div><div>Spanish Rice</div><div>California Vegetables</div><div>Dinner Roll</div><div>Chocolate Chip Cookie</div></div>	<div><div>Swedish Meatballs</div><div>Mostaccioli Pasta</div><div>Glazed Carrots</div><div>Salad/Dressing</div><div>Wheat Bread</div><div>Mixed Fruit</div></div>	<div><div>Chicken Fajita</div><div>w/Bell Pepper &amp; Onion</div><div>Mexican Rice &amp; Beans</div><div>Mexican Coleslaw</div><div>Wheat Tortilla</div><div>Mandarin Oranges</div></div>	
<div><div>Soft Chicken Taco</div><div>Lettuce, Tomato, Cheese</div><div>Sour Cream, Salsa</div><div>Mexican Rice &amp; Beans</div><div>Apple Juice</div><div>Fresh Orange</div></div>	<div><div>Salisbury Steak</div><div>Gravy</div><div>Brown Rice</div><div>Mixed Vegetables</div><div>Dinner Roll</div><div>Banana</div></div>	<div><div>Mexican Style Pork Stew</div><div>w/Zucchini &amp; Corn</div><div>Mexican Rice</div><div>Mexican Beans</div><div>Wheat Tortilla</div><div>Grapes</div></div>	<div><div>Chicken Enchilada</div><div>w/Red Sauce</div><div>Mexican Rice</div><div>Mexican Beans</div><div>Shredded Lettuce + Tomato</div><div>Chilled Peaches</div></div>	<div><div>Grilled Chicken</div><div>on Sesame Bun with</div><div>Lettuce, Tomato, Cheese</div><div>Mixed Vegetable Salad</div><div>Potato Chips</div><div>Applesauce</div></div>	

# MILWAUKEE COUNTY SENIOR DINING



Healthy For Good™

## FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



### GO FISH

Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

### BE NUTTY

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



### ADD AVOCADO

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.

### CHECK THE OILS

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.



EAT SMART ADD COLOR MOVE MORE BE WELL

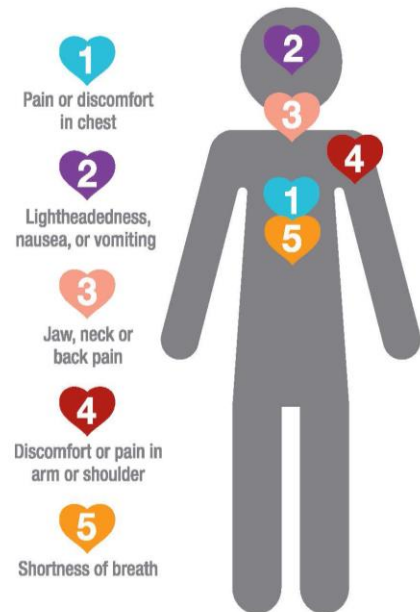
LEARN MORE AT  
[HEART.ORG/HEALTHYFORGOOD](http://HEART.ORG/HEALTHYFORGOOD)

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## Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](http://Heart.org/HeartAttack).

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Healthy for Good™



## CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

Hundreds of products carry the Heart-Check mark. Look for the Heart-Check wherever you shop—it's in almost every aisle!

This is what it takes to be Heart-Check certified:

### SOURCE OF NUTRIENTS

**Beneficial Nutrients (naturally occurring):**  
10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

### LIMITED IN SODIUM

**Sodium:**  
One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.\*

### LIMITED IN BAD FATS

**Saturated Fat:**  
1 g or less per standard serving size and 15% or less calories from saturated fat

**Trans Fat:**  
Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

TO LEARN MORE, VISIT  
[heartcheck.org](http://heartcheck.org)

\*All requirements listed apply to Standard Certification, see [heartcheck.org/requirements](http://heartcheck.org/requirements).  
19/04/2018 10/2/18

View Menus Online! [county.milwaukee.gov/aging/diningmenus](http://county.milwaukee.gov/aging/diningmenus) · Senior Dining Office: 414-289-6995